

Chair Tai Chi

Free Printable 10-Minute Seated Routine

A gentle seated routine you can do at a desk, by your bed, or anywhere with a sturdy chair. No standing, no equipment, no experience needed. Sit tall, breathe slowly, and move within a comfortable range.

The 10-Minute Routine

1. Centering Breath	Sit tall, both feet flat, hands resting on your thighs. Breathe slowly down into your lower belly. — 5 breaths
2. Neck & Shoulder Release	Roll your shoulders back a few times, then gently turn your head side to side. Keep it soft and slow. — 6 each
3. Opening the Chest (Gathering Qi)	Inhale and open both arms wide as if welcoming the morning; exhale and gather them back toward your chest. — 6 reps
4. Seated Cloud Hands	Turn gently at the waist and let your hands float across your body, one rising, one sinking, palms soft. — 8 reps
5. Parting the Wild Horse's Mane	Cross your forearms, then open them diagonally as you turn, leading with the lower hand. — 6 each side
6. Brush Knee & Push	One hand brushes down past the knee while the other pushes gently forward at shoulder height. — 6 each side
7. Ankle & Knee Circulation	Lift one foot, circle the ankle slowly, then straighten and lower the knee with control. — 8 each leg
8. Closing: Return to Stillness	Rest both palms over your lower belly. Breathe slowly and let a feeling of calm settle in. — 5 breaths

5-Minute Express (busy days)

Short on time? Do movements 1, 3, 4 and 8 only.

28-Day Tracker

	M	T	W	T	F	S	S
Week 1							
Week 2							
Week 3							
Week 4							

Safety: Move within a pain-free range and keep your breathing natural. Stop if you feel dizzy or short of breath. If you have a health condition, ask your doctor before starting.

Want guided audio and video for every move? Get the free Tai Chi Coach app: <https://taichi.help>

Based on general Tai Chi practice and public guidance from the US National Center for Complementary and Integrative Health (NCCIH).